



Ashly



4. Seek Support: Discuss the situation with trusted friends, family, or a professional.

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Ostracism is the intentional exclusion, rejection, or ignoring of individuals or groups, often causing significant psychological pain, decreased self-esteem, and feelings of helplessness. It functions as a social mechanism to enforce conformity or punish individuals, manifesting through silence, exclusion from meetings, or being ignored. Key prevention strategies include fostering inclusive environments, open communication, and active bystander intervention.

Signs of Ostracism

Ostracism can be overt or subtle, often leaving no physical bruises but causing deep psychological distress. Common signs include:

- Social Exclusion: Being left out of meetings, emails, social gatherings, or team lunches.
- The Silent Treatment: Coworkers or peers refusing to spe... [Read more](#)

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A lack of communication is the primary catalyst for the breakdown of relationships, teams, and productivity, leading to assumptions, resentment,



Message

